



APG NEWS

Published in the interest of the people of Aberdeen Proving Ground, Maryland

www.TeamAPG.com

THURSDAY, JANUARY 15, 2015

Vol. 59, No. 2

PHC bids farewell to commander

By **CHANEL WEAVER**
U.S. Army Public Health Command

Maj. Gen. Dean G. Sienko relinquished command of the U.S. Army Public Health Command and retired from the Army during a Jan. 6 ceremony at Top of the Bay.

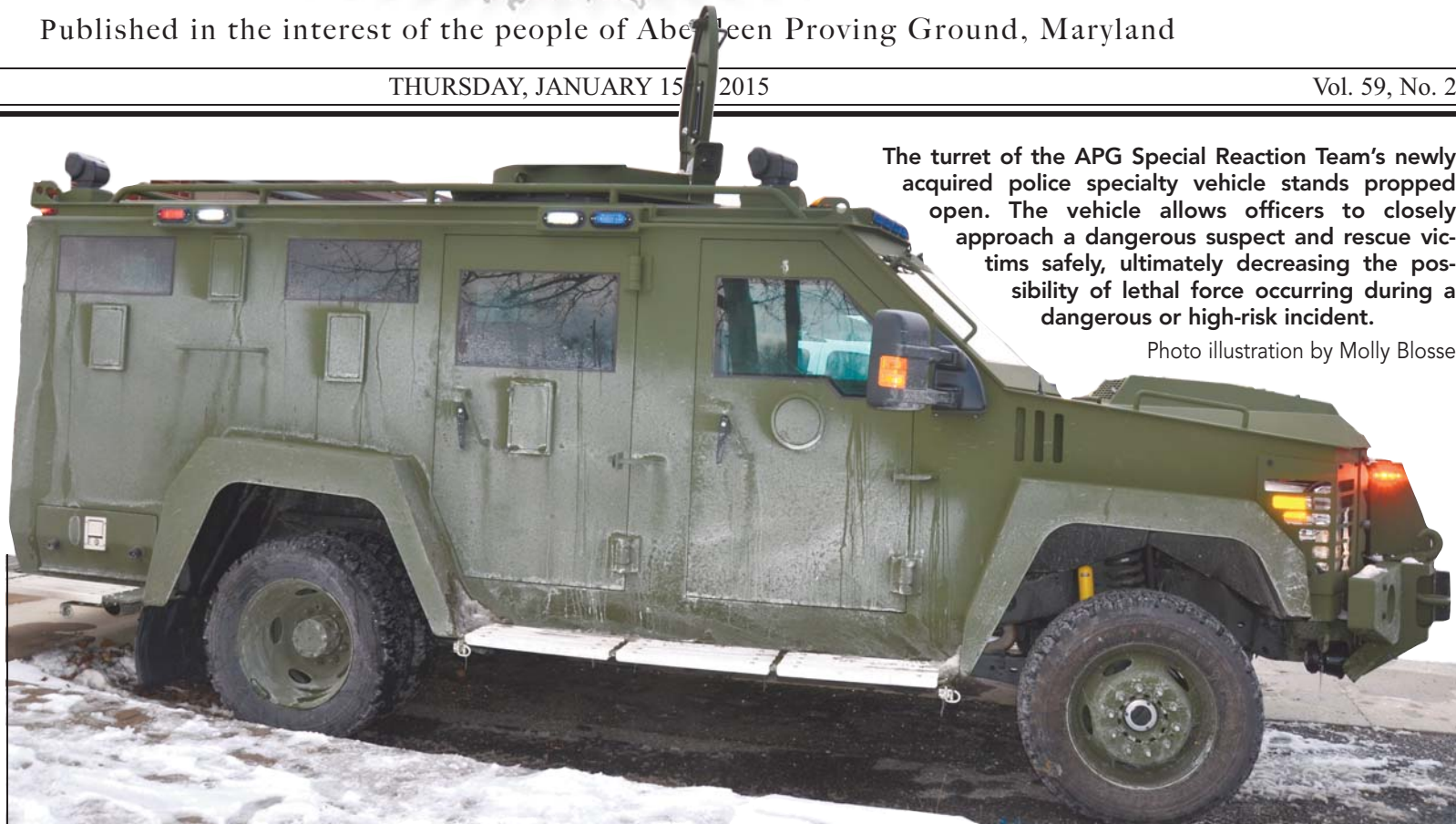
A host of attendees, including USAPHC Soldiers and civilians, dignitaries, family and friends, braved the winter weather to witness the event.

Presiding official Maj. Gen. Joseph Carvalho, Jr., deputy surgeon general, congratulated Sienko and thanked him for his 33 years of outstanding service to the Army, and his extraordinary leadership at USAPHC.

“Maj. Gen. Sienko was instrumental in building strategic relationships with the U.S. Centers for Disease Control and Prevention and the Robert Wood Johnson Foundation to promote community health and wellness,” said Carvalho. “He has served the U.S. Army Public Health Command, Army Medicine and the nation with distinction.”

Sienko expressed

See **SIENKO**, page 12



The turret of the APG Special Reaction Team's newly acquired police specialty vehicle stands propped open. The vehicle allows officers to closely approach a dangerous suspect and rescue victims safely, ultimately decreasing the possibility of lethal force occurring during a dangerous or high-risk incident.

Photo illustration by Molly Blossie

DES acquires new specialty vehicle

Public, officer safety top priority for Special Reaction Team

By **STACY SMITH**
APG News

In an effort to increase police and public safety, APG's Directorate of Emergency Services (DES) Special Reaction Team (SRT) has acquired a new police specialty vehicle to be used in the event of a dangerous, high-risk situation occurring on post.

Police Sgt. Jim Toscano commands the SRT, a group of law enforcement officers who handle all tactical and high-risk issues for the garrison. Toscano said he is confident that having the armored vehicle at police disposal will allow officers to utilize non-lethal and fewer lethal options when confronting highly dangerous situations.

“We're trying to establish an environment that allows us to safely effect an arrest

or defuse a violent situation,” Toscano said. “Safely effecting that arrest means we have to have all the tools to do that. So not only do we have our personal armor, weapons and equipment, but we also go out and find other equipment and training that allows us to generate that safe environment. That's what the armored vehicle is about.”

Toscano said the vehicle is required not only to protect police and the public from small arms fire and other threats but also “to get close to hostages, to retrieve people who are injured or to separate a shooter from others.”

Unlike other armored vehicles, the specialty vehicle detects dangerous environments, such as those containing explosive gases or radiation.

Officers have the ability to evacuate, decontaminate or conduct operations from inside the vehicle if necessary. In addition, the vehicle has a self-contained breathing apparatus, like those used by firefighters. This provides SRT members with additional time in low-oxygen or dangerous environments.

Inside the vehicle, protectants are in place to enhance the safety of its occupants. It's safety down to the smallest detail.

Even “the cup holder is armored; the coffee will make it,” Toscano said.

Despite the vehicle's clever gadgetry, Toscano stressed that only trained officers will use the vehicle under specific circumstances.

“There's a very stringent regulation and a use of force policy on how [the vehicle] is

See **VEHICLE**, page 14

inside

RESILIENCY

Domestic violence series cites education, prevention and trends.

DOMESTIC | 3

LEGAL

Free income tax services available for active-duty service members, retirees.

FREE | 5

RETIREMENT

ATEC executive technical director remembers 31-year Army civilian career.

ATEC | 6

TECHNOLOGY

Future Soldier sensors will be smarter, smaller and cheaper.

ENABLING | 7

online

www.TeamAPG.com/APGNews

facebook.com/APGMd

twitter.com/USAGAPG

flickr.com/photos/usagapg/

ICE system
http://ice.disa.mil/
Facebook, http://on.fb.me/HzQlQw

Freestate welcomes new candidates



Freestate Challenge Academy Cadre Sgt. Drisana Lynch, left, checks the personal items of Destiny L. Well during the in-processing of Class #44 candidates at the APG South (Edgewood) recreation center Jan. 11.

Story and photo by **RACHEL PONDER**
APG News

The Maryland National Guard Freestate Challenge Academy in-processed 115 candidates for Class #44 at the APG South (Edgewood) recreation center Jan. 11.

The academy provides Maryland teens who have withdrawn from high school a second chance at an education and the ability to make a significant change in their lives. For 22 weeks, cadets ages 16-18 voluntarily reside in the academy's residential program: a structured, disciplined, military-style environment.

The program also includes a post-residential phase, in which cadets work closely with mentors in their community. Graduating cadets either obtain employment, continue their education or enter the military.

During in-processing, teens are issued Freestate gear, are assigned a mentor, receive the FCA Cadet Handbook and more. Parents and guardians receive an orientation and later the same day, male candidates receive a mili-

See **FREESTATE**, page 14

Slim Down Challenge returns Jan. 20

By **RACHEL PONDER**
APG News

Take the first steps toward a healthier lifestyle during the 2015 Installation Slim Down Challenge.

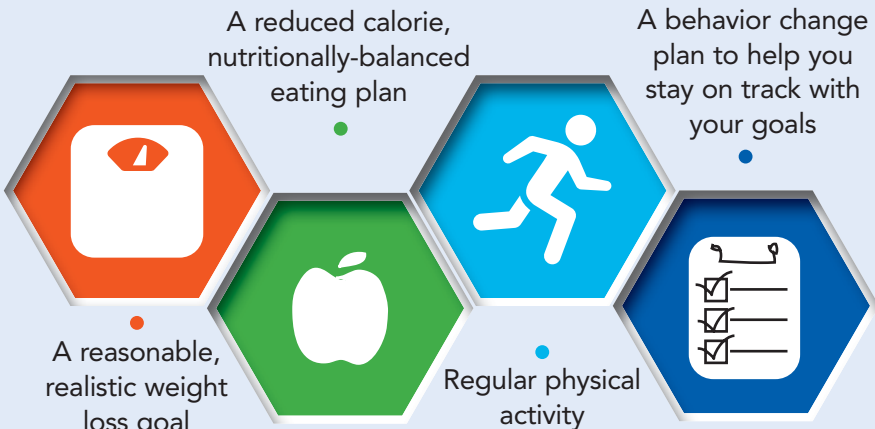
All APG personnel are invited to join in the challenge, which runs from Jan. 20 to April 17. Participants can compete as individuals and organizations can compete against each other. Winners will be determined by the percentage of weight lost.

Participants can exercise on their own or participate in group activities planned just for the challenge, which includes free boot camp classes scheduled every Monday starting Jan. 26 from 11:30 a.m. to 12:30 p.m. Kelly Albright, a certified professional trainer, will lead each class in the APG North (Aberdeen) recreation center ballroom.

“This class will be tailored for all fitness levels,” said Capt. Joanna Moore, APG Performance Triad Action Officer.

See **CAMARADERIE**, page 12

A healthy weight loss program consists of:



Source: www.nutrition.gov

Infographic by Molly Blossie

index

Street Talk | 2
Word & Acronym | 10

By the Numb#rs | 5
APG History | 11

At Your Service | 8
Classifieds | 13

Crossword | 9
Did You Know? | 14

Mark Your Calender | 10
Snapshot | 15

STREET TALK

What are your goals in 2015?

I am working on being more positive and less stressed. I am currently reading "The Language of Letting Go" a self-help book by Melody Beattie. I want to take life day by day, and not sweat the small stuff.



Loreli Deleon
Military spouse

I want to make more money, so I'm going to focus on my career. My goal is to progress in rank.



Spc. Darnell Slacum
Army Reserve

I want to keep the peace with my family, have everyone get along. I recently retired from the military, so this year will be a transition. I am going back to school to become a CPA [certified public accountant.] I will also focus on raising my four children, including a new baby, who was born the day after Christmas.



Roman England
Military retiree

I just want to make it through the year without any major disasters. I want everyone to stay healthy and happy. That would be a successful year for me.



Emma Predmore
Military spouse

Now that I am retired, I plan to see my family and friends more. I also plan to never stop learning. I want to stay young at heart.



Gerri Merkel
Chapel volunteer

Commander's Corner

Remembering his legacy

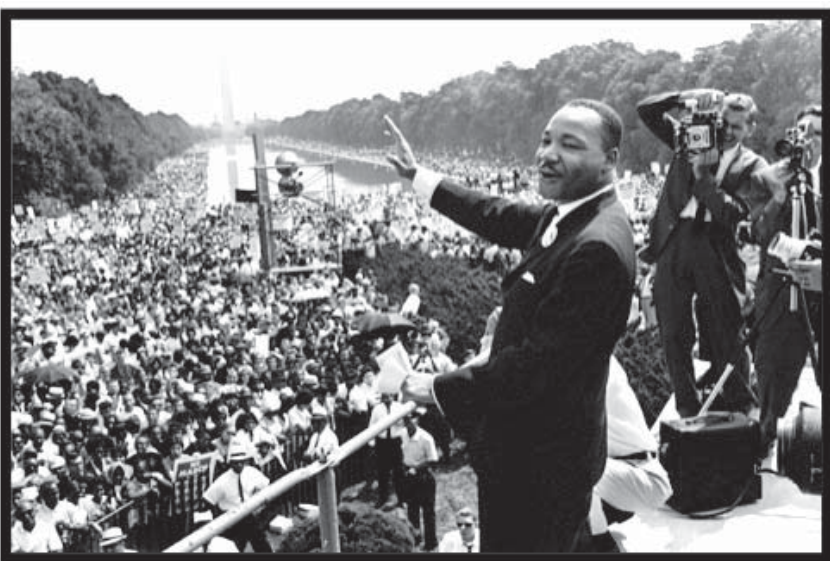
Dr. Martin Luther King Jr. celebrated January 19

We celebrate the life and legacy of Dr. Martin Luther King, Jr. Jan. 19. King is best known for his central role in the American Civil Rights Movement as the chief spokesperson for nonviolent activism. He devoted his life to advancing equality, social justice and opportunity for all Americans.

Like all of you who are serving your country, King believed in the power of individual service in strengthening communities and achieving common goals.

The observance of Martin Luther King Day provides the Army Family with not only an opportunity to celebrate King's contributions to our country, but also an opportunity to reflect on the strength in our commitment to service and each other and achieve a deeper understanding of who we are and what we stand for.

King's commitment to equality and opportunity for all Americans embodied the spirit of Selfless Service, one of our seven Army Values.



Courtesy photo
Dr. Martin Luther King Jr. delivers the famous "I Have a Dream" speech on the steps of the Lincoln Memorial during the March on Washington, Aug. 28, 1963.

As trusted professionals, our unyielding commitment to selfless service is indicative of why our Army truly is the strength of the nation and a constant reminder of "Why We Serve."

The Army has a long-standing tradition as a leader in embracing the strengths of our diverse people and commitment to being an adaptive, culturally astute force.

Lastly, I want to say thank you to everyone to include Soldiers, civilians and family members for all you do in your organization and your community, especially the continued support for all of our "Soldiers for Life."

I hope you have a safe and enjoyable weekend as we pause in remembrance of the enduring legacy of Dr. Martin Luther King Jr.

MAJ. GEN. BRUCE T. CRAWFORD
APG Senior Commander

APG explores future development

Editor's Note: This is the first of a three-part series exploring the growth of APG during BRAC years and the future of development on the installation through the year 2020.

By ROBERT MELASCAGLIA
DPW Master Planning Division

Future development on APG and the installation's continued ability to meet its mission supporting the Soldier begins with a well thought out plan, similar to the way urban planning aims to keep a city thriving.

The garrison's Directorate of Public Works has the responsibility to develop plans to direct the future development of the installation. The Master Planning Division developed a Real Property Master Plan (RPMP) in 2010 to do just that.

Completed at a pivotal junction between the Base Realignment and Closure (BRAC) years from 2005 to 2012 and the post-BRAC years from 2013 extending into 2020, the RPMP will be a support tool used to prepare APG's future development plans as the installation and the Army recalibrate in a fiscally restrained environment.

In order to ensure future development meets common goals of the entire community, planning must be systematic. The primary purpose of the RPMP is to implement an orderly process to manage long-term change and growth at APG in an impartial and rational way.

The APG Garrison, in conjunction with the installation's mission tenants, will use this planning process to address a single subject or a broad range of issues that affect the community.

To ensure APG remains mission-ready in the future, the RPMP will help decision makers assess which aging buildings

should be demolished, which existing mission facilities are in need of modernization, where land-use changes are feasible, which test ranges are to be upgraded, how transportation on post can be improved and various capital improvements.

Master planners have already looked at building locations and personnel distribution to determine where "major neighborhoods" exist on APG. The idea is to maintain and upgrade these neighborhoods to make the most efficient use of resources.

By revitalizing existing neighborhoods and demolishing aging buildings in low density areas, APG can reduce sprawl.

For example, one building at 100 percent occupancy is a far better use of resources in terms of electricity, water, heating, etc. than a handful of partially occupied facilities.

When "neighborhoods" of personnel and facilities have complementary missions, intellectual resources are also maximized.

While maximizing resources and using space efficiently will continue to be the focus for future APG development, work toward this goal began in 2005 when BRAC changed the face of the installation. And while we look to the future for Team APG, it is important to understand and learn from the installation's past.

Check back with the APG News next week for a look at where APG stood in 2005 and the many changes that were a direct result of BRAC and an influx of new organizations and missions. In the Jan. 29 issue, explore the post BRAC years of APG and get a glimpse at what the future holds for the installation as the Army transforms - impacting personnel, infrastructure and missions.

APG in 2020 will be far different than it was at the turn of the century.



APG SEVEN DAY FORECAST

Thurs	Fri	Sat	Sun	Mon	Tue	Wed
37° 25°	38° 21°	37° 30°	44° 29°	37° 20°	35° 26°	41° 29°

APG NEWS

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMAP-PA, Building 305, APG, MD 21005-5001, 410-278-1153. Printed circulation is 5,200. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the

printer shall refuse to print advertising from that source. Editorial content is prepared, edited and approved by the APG Public Affairs Office. The APG News is printed by The Baltimore Sun Media Group, a private firm in no way connected with the Department of the Army, under exclusive written contract with APG. The civilian printer is responsible for commercial advertising and mailing. To obtain a yearly subscription, which costs \$16, the price for weekly mailing, or for problems with incorrect mailing addresses, contact Customer Service at 139 N. Main Street, Suite 203, Bel Air, MD 21014, or call 410-838-0611.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or The Baltimore Sun Media Group of the products or services advertised. For advertising matters, call The Baltimore Sun Media Group, 410-332-6300. Send articles or information for publication to the APG Public Affairs Office, Building 305, IMAP-PA, APG, MD 21005-5001; send a fax to 410-278-2570; contact the

Editor Amanda Rominiecki at amanda.r.rominiecki.civ@mail.mil, contact Assistant Editor Yvonne Johnson, 410-278-1148 or email yvonne.johnson5.ctr@mail.mil, or contact Reporter Rachel Ponder, 410-278-1149 or email rachel.e.ponder2.ctr@mail.mil.

Deadline for copy is Thursday at noon for the following Thursday's paper.

Staff

APG Senior Commander ..Maj. Gen. Bruce T. Crawford
APG Garrison Commander .. Col. Gregory R. McClinton
Public Affairs Officer Kelly Luster
Editor Amanda Rominiecki
Assistant Editor..... Yvonne Johnson
Contract Photojournalists..... Rachel Ponder
..... Stacy Smith
Graphic Designer/Photographer Molly Blossie
Website www.TeamAPG.com/APGNews

Combating domestic, situational violence

Editor's Note: This is the first installment of a series that will look at the identification and prevention of domestic violence and highlight installation assets in place to intervene with education and treatment for victims and abusers.

By **YVONNE JOHNSON**

APG News

The start of a fresh new year is supposed to bring a sense of renewal. Excitedly, people resolve to change for the better and embrace the chance for a fresh start. For some, however, the new year also marks the beginning of another season, one of conflict and violence.

According to Margaret (Margo) Digan, a social worker in the Behavioral Health Division at Kirk U.S. Army Health Clinic, stressors unique to the holiday season which precedes the new year can add pressure to relationships already under stress.

Digan leads the family advocacy section, which she said typically experiences “a spike” in domestic violence cases between January and March.

“We generally see an increase in incidents over this period,” she said. “The holidays are over, bills are coming in, children are out of school and families are together in close company for weeks at a time. Being in the military can be the greatest stressor of all. Nerves fray, tempers increase and suddenly, one or both partners are lashing out; too often it leads to violence.”

In addition, Digan said, incidents over the past couple of years are increasingly trending toward situational rather than domestic violence. She said that situational violence is not like domestic violence where mind and behavioral control tactics, along with emotional and physical abuse is used to dominate victims.

Situational violence can stem from a single argument during which both partners physically lash out at each other. Either partner can instigate the confrontation; very often the female is the instigator, Digan said.

Participants in situational violence incidents seldom see it coming, Digan said.

“It can start with a mild disagreement or argument and escalate from there. Eventually there is pushing and shoving and worse; sometimes much worse.

“Women have become more asser-

tive and this is one reason situational violence is occurring more frequently in relationships where there is no prior history of violence,” she said.

Digan said today’s tech-savvy way of life – via social media, smartphones and selfies – plays a pivotal role in the evolution of situational violence because it tends to blur appropriate boundaries for sharing interpersonal information. “Facebook is not the avenue to walk when resolving misunderstandings in a relationship. It’s destructive.”

“Narcissistic tendencies don’t help,” she said. “It’s hard to compromise with someone else when it’s all about me. When you have young people entering relationships

and marriages – which are complicated enough under the best circumstances – this creates problems. And having children only compounds the situation.”

“Marriage comes with no instruction

manuals,” she added. “If you have no role model or reject good role models then you have no idea what a healthy relationship is all about.”

The holidays are over, bills are coming in, children are out of school and families are together in close company for weeks at a time. Being in the military can be the greatest stressor of all.



Nerves fray, tempers increase and suddenly, one or both partners are lashing out; too often it leads to violence.

Margaret (Margo) Digan

Kirk U.S. Army Health Clinic
Behavioral Health social worker

the Army Substance Abuse Program (ASAP).

Classes for individuals and families, most of which include childcare services, are offered along with spiritual guidance

APG Emergency Phone Numbers

☎ Sexual Harassment Assault Response Program (SHARP): 410-278-2453

☎ SHARP Hotline: 410-322-7154

☎ ACS Victim Family Advocate Program: 410-278-2435

☎ ACS Victim Family Advocate Hotline: 410-652-6048

☎ Army Substance Abuse Program (ASAP): 410-278-DRUG (3784)

☎ Suicide Prevention Hotline: 1-800-273-8255

☎ In an emergency, always dial 911

and relationship retreats that also promote communication skills through the post chaplaincy.

Digan said the best way to combat the problems of domestic violence is to educate the community about healthy relationships and to allow those who are trained in intervention to handle those situations.

According to Digan, the primary mission of the Behavioral Health Division “is assessment and treatment for victims of domestic violence, child abuse and neglect.” The office serves active duty military and their families as well as military retirees.

While self-referral is welcome, Digan said most referrals are received from the Directorate of Emergency Services police, physicians and occasionally from local schools.

Family Advocacy personnel coordinate closely with ACS victim advocates, post and local law enforcement, the installation Sexual Harassment/Assault Response Program (SHARP) and ASAP, when drug and alcohol abuse are contributing factors, and also coordinate with local agencies.

“Our primary goal is to ensure families are safe and that they receive garrison-supported services,” Digan said.

The Behavioral Health Care Services Family Advocacy Program is located on the third floor of Kirk U.S. Army Health Clinic. To request a Family Advocacy appointment call 410-278-1768. After duty hours call 911. To request a BHCS appointment call 410-278-1715.

APG Emergency phone numbers

▪ Sexual Harassment Assault Response Program (SHARP): 410-278-2453 /

▪ SHARP Hotline: 410-322-7154

▪ ACS Victim Family Advocate Program 410-278-2435

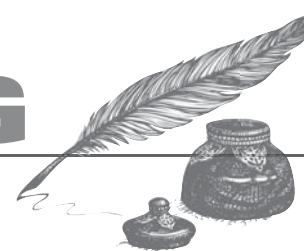
▪ ACS Victim Family Advocate Hotline: 410-652-6048

▪ Army Substance Abuse Program (ASAP): 410-278-DRUG (3784)

▪ Suicide Prevention Hotline: 1-800-273-8255

The next article in this series will show readers how to use the Power and Control Wheel to identify the signs and characteristics of the physical and emotional abuser.

LEGALLY SPEAKING



AMC consolidates legal offices

By **BRIAN E. TOLAND**
AMC Command Counsel

Legal office consolidation at three Army Materiel Command Centers of Excellence—Aberdeen Proving Ground, Maryland; Redstone Arsenal, Alabama; and Rock Island Arsenal, Illinois, became effective Jan. 1.

The consolidation provides a tremendous opportunity to achieve efficiencies and eliminate redundancies as we move forward to “right-size” our legal operations during the current draw-down of our Armed Forces and headquarters staffs.

At APG, we will have a consolidated AMC legal office under the leadership of the Chief Counsel, Maria Esparaguera. This organization will be titled the “Army Materiel Command Legal Center – Aberdeen Proving Ground,” or ALC-APG.

The ALC-APG will provide legal services to all AMC organizations on APG, to include the Communications-Electronics Life Cycle Management Command, the Research, Development and Engineering Command, the Chemical Materials Activity, the Army Contracting Command-Aberdeen Proving Ground, and their subordinate organizations and activities.

This office will also provide legal support to Program Executive Officers (PEOs), the Garrison Commander and staff, and tenant activities on APG.

We view this consolidated legal office as a legal “center of excellence” in the

areas of research and development and intellectual property law, which will provide enormous benefits to AMC going forward.

Redstone Arsenal, Alabama is experiencing a consolidation of legal services similar to APG.

The legal offices of the Army Aviation & Missile Command (AMCOM) and the Army Contracting Command/Expeditionary Contracting Command (ACC/ECC) will combine into a new office known as the Army Materiel Command Legal Center – Redstone Arsenal, or ALC-RSA, providing legal support to all AMC organizations at the major subordinate command level, as well as the Garrison, PEOs, and other tenant activities.

This consolidation creates an acquisition law “center of excellence” and promotes synergies and efficiencies in this legal domain. We have also combined our litigation mission and functions, enabling us to leverage the unique skills of our AMC litigation attorneys to effectively manage the increasing



challenges of contract and protest cases.

The Office of Command Counsel will maintain a separate legal office in keeping with its responsibilities for oversight of AMC’s worldwide legal operations.

Legal services at Rock Island Arsenal have largely been consolidated for some time and will now be known as the Army Materiel Command Legal Center – Rock Island Arsenal (ALC-RIA).

It will provide legal services to the Army Sustainment Command, the Joint Munitions Command, the Joint Manufacturing & Technology Center, the Army Contracting Command-Rock Island, and their subordinate commands and activities. The office will also provide legal services to Garrison and tenant activities at Rock Island.

One of the benefits of consolidation is that it affords managers the ability to better balance workload, and to cover the mission during times of staffing shortages.

It also creates new opportuni-

ties for professional development for our workforce, and more flexibility to align employees with leaders and mentors of different backgrounds and experiences.

Another benefit to consolidation is that it helps ensure consistency in legal approach. By consolidating, we hope to further our efforts to create a corporate AMC legal identity and approach to business.

We believe that this will enhance our effectiveness in providing our commanders and leaders with the high quality of legal services that they deserve. The ultimate goal of these efforts is to optimize the delivery of legal services to our customers.

While we expect to achieve some savings from these reshaping efforts, we have emphasized that no employee will be RIFed as a result of these efforts. In fact, the overwhelming majority of our employees will experience a seamless transition to the new legal structure.

As we move forward to assist our leaders in carrying out AMC’s worldwide mission, I believe the consolidation of our legal functions at our three AMC Centers of Excellence will help set the conditions for success.

We will maintain excellence in every legal domain, while enhancing our efficiency and effectiveness. We will be well postured to meet future challenges— agile, responsive, and resilient. One law firm. Army strong!

Want to make a difference in how services are rendered at APG? Tell us how we are doing. Visit **<http://ice.disa.mil>**.

Click on “ARMY” then “Aberdeen Proving Ground.”

Free income tax prep available at APG

By **SANDRA WILLIAMS**
OSJA, Client Services Division

The 2014 APG Installation Tax Program is a joint effort of the Client Services Division (CSD), Office of the Staff Judge Advocate, and the Volunteer Income Tax Assistance Program (VITA) of the Internal Revenue Service (IRS).

Directed by the CSD, the program provides free tax assistance each year to qualifying active-duty service members, retirees and family members.

Reserve component service members who are not mobilized more than 30 days are not eligible for services and should contact their individual units for assistance.

Tax services

Tax services will be provided on an appointment basis by two CSD staff members on a part-time basis. Tax preparation requires a two-visit process for simple tax returns and will require a two-visit process: first for document review; second for tax preparation.

During the first visit, CSD staff will perform a review of the taxpayer’s individual tax documents to determine eligibility for service. If eligible, the taxpayer will be provided with a scheduled appointment to return for tax preparation at a later date. Ineligible clients will be referred to other professional tax agencies.

Document review

Document review started Jan. 14 and will continue until appointments are no longer available. Individuals eligible for simple tax preparation will be required to visit the CSD office, Bldg. 4305, Room 317, Monday - Thursday, 9 a.m. to noon, for a complete review of the individual’s tax documents.

Tax preparation will not be provided at the time of the document review or without a scheduled appointment.

Active duty walk-in service

Walk-in service for simple tax preparation for active-duty members only began Jan. 14. Tax return preparation determined by CSD staff to be too time consuming for walk-in service or during high volume demand will be provided with a scheduled appointment.

Appointments

Appointments for tax preparation



Courtesy photo

will be scheduled between Feb. 9 and April 15, on a first-come, first-schedule basis until full. Appointments will not be scheduled over the phone.

Preparing for an appointment

Tax personnel cannot prepare an accurate return unless the taxpayer brings all necessary documentation. Inaccurate tax returns caused by incomplete/faulty information may incur IRS penalty and interest assessments.

Documents needed depend on each individual situation. Prior to receiving tax services, individuals must first complete a series of required documents which are extremely helpful in gathering the information necessary to file an accurate federal and state tax return. These documents can be accessed online at www.teamapg.com, Installation Support, Support Offices, ILO (Installation Legal Office), or at the CSD office.

Simple tax preparation

Most individuals who have simple returns with only the following sources of income will be eligible for service: wages, pension, interest and dividend, unemployment compensation, student loan interest, and social security payments.

In limited circumstances, child and dependent care expenses, and some itemized deductions on Schedule A may also be eligible. Excessive deductions or schedules and forms will not be eligible due to length in preparation and limited

appointment times.

Services will include free electronic filing on eligible tax returns; however, CSD staff must prepare the tax return in order to electronically file the tax return. Electronic filing enables taxpayers to receive their tax refunds much faster by using e-file with direct deposit into their bank account rather than having it mailed.

State income taxes

Staff members provide federal and Maryland tax assistance but provide only limited assistance with local and state tax returns from other state jurisdictions.

Individuals residing in one state while working in another or individuals requiring the preparation of multi-state returns may receive assistance with preparation of the federal return; however, due to the complexity, assistance may not be available for preparation of the multi-state returns.

Free Maryland state tax assistance is available in person at any of the agency’s 12 taxpayer service offices or by calling 1-800-638-2937. A list of office locations can be found at www.maryland-taxes.com.

Obtaining W2 forms online

Soldiers and civilians can access 2014 tax statements including Form W-2, Wage and Tax Statement, on the Defense Finance and Accounting Service website myPay at <https://mypay.dfas.mil>.

Other free resources

Individuals ineligible to receive services provided by the CSD, or those in need of a speedy refund, should consider contacting the local AARP Tax Aide Office, also sponsored by IRS VITA, at 410-638-3425.

Tax savvy individuals can access www.militaryonesource.mil and www.irs.gov/freefile to take advantage of various free online self-preparation programs. For active duty, Reserve, National Guard and DOD personnel, TaxSlayer.com offers free self-preparation through its Military Tax Edition available at <http://www.taxslayer.com/Products/free-military-tax-filing>.

Those individuals in need of tax preparation assistance by appointment may contact other nearby military installations, such as Fort Meade at 301-677-9762 and Dover Air Force Base at 302-677-3300.

An extensive Income Tax Provider List is also available on the CSD Tax Services website for referral to other tax resources.

General information

Inquiries regarding income tax services may be directed to the CSD staff attendant at 410-278-1583 during normal operating hours, Monday – Friday, 9 a.m. – 3 p.m., and Thursdays, 9 a.m. – noon. On touchtone phones, press three for the Client Services Division then six for income tax preparation information.



Visit us online at
www.TeamAPG.com/APGNews

BY THE NUMB#RS

Remembering the life and legacy of Dr. Martin Luther King, Jr.

\$32 million

Purchase price for a collection of King’s personal papers. The papers were bought by an Atlanta coalition and are currently stored at Morehouse College.

250,000

Approximate number of people who attended the March on Washington where King delivered his famous “I Have a Dream” speech on the steps of the Lincoln Memorial.

38,000+

Estimated number of veterans, military families and active-duty service members who received assistance on MLK Jr. Day of Service 2014. The day is part of United We Serve, the President’s national call-to-service initiative.

46

Years that have passed since King was assassinated in Memphis, Tennessee. He would have been 86 years old this year.

35

Age at which King received the Nobel Peace Prize in 1964. At that time, he was the youngest person to ever receive the award.

5

Number of books King published during his lifetime. His books include works on American race relations and collections of his sermons and lectures.

By **STACY SMITH**, APG News

Source:www.CNN.com, www.constitutioncenter.org , www.nationalservice.gov

ATEC bids farewell to senior leader

By **ANDRICKA THOMAS**
ATEC

Described by his colleagues as humble, calm, cool and collected, Robert “Bob” Carter, Senior Executive Service, hopes to leave a legacy of what he sees as his most impactful role as a leader—developing people.

During his retirement ceremony Dec. 16, 2014, Carter, former executive technical director for the U.S. Army Test and Evaluation Command, was presented the Decoration for Exceptional Civilian Service, United States Flag Government Citation and the ATEC Medallion Retirement Certificate.

Carter thanked his wife, who received the Outstanding Civilian Service Award, and children for the support over the years as they remained resilient through the multiple moves, new schools and willingness to meet new friends.

“The last thirty-one years passed in the blink of an eye, and I couldn’t have done [it] with without my family, who has been fully supportive,” said Carter. “It’s funny when I look back, because I took a circuitous path after high school, which is surprising to most when I share the story,” he added with a smile as he reflected on his start in government service.

Not unlike many young people fresh out of high school, Carter didn’t know he would one day lead an organization that enables Army innovation and increased Soldier capabilities to support the nation’s defense.

Taking a rather non-traditional route when he graduated from high school, he took a series of mechanical engineering preparation courses for two years at Harford Community College in 1974, with plans to matriculate to a four-year institution.

To his parent’s surprise, Carter decided to take a break from studying engineering, calculus, differential equations and physics, to race motorcycles.

“Back then, I thought, ‘I don’t know about this engineering stuff,’” Carter said in jest. “So I decided to take a sabbatical to be a motorcycle racing mechanic and race motorcycles for about four years.”

Then, young Carter thought becoming a motorcycle racing mechanic was more aligned with his interests. After four years

of being a mechanic, he had the insight to explore his options in hopes of making more money. He went on to pursue a bachelor’s degree in mechanical engineering at the University of Delaware, from which he graduated in 1983.

“It took me three years to finish up my four-year degree because I had forgotten everything I learned when attending HCC,” he said. “I remember that my mom was proud of me for finishing, especially since I was older than most of my classmates. I got a late start, but that’s okay.

“I had never thought about working for the Army, and didn’t know what I wanted to do after college, like a lot of new graduates,” said Carter.

He began working for APG not long after graduation, thanks to a neighbor who knocked on his door and recommended he apply. A week later, Carter was in training to become a test director at what’s now known as the Aberdeen Test Center.

He credits the Army for placing him in leadership roles from the start.

“The Army’s values are the same as the values your parents teach you at home, and that’s what I’ve stuck to over the years,” he said. “The formula is simple.”

He named three principles that guided how he managed his career: Knowing that Army values start at home and sticking to the values for the duration of his career; always having respect for others; and always doing his best.

“Bob has always held true to his values of integrity, loyalty and respect for others,” said Karen Taylor, ATEC chief of staff who has known Carter for 20 years. Taylor praised Carter’s ability to see the big picture and for his always being even-keeled, even when in the midst of a crisis.

Over the course of Carter’s 31-year career, he saw organizations change, evolve and get restructured. In some cases, Carter served as one of the lead change agents to posture and integrate Army test and evaluation organizations to support the Army

of tomorrow.

Maj. Gen. Peter D. Utley, ATEC commander, said Carter will leave the command better because of his personal commitment to its members and to the Army profession.

“When it comes to knowing the ins and outs of test and evaluation, Bob is the



Photo by Sean Kief

Maj. Gen. Peter D. Utley, U.S. Army Test and Evaluation commander, left, presents a United States Flag Government Citation, to Robert ‘Bob’ Carter, ATEC executive technical director, during a retirement ceremony Dec. 16 at ATEC headquarters on APG North (Aberdeen).

best,” said Utley. “He has seen the test and evaluation mission evolve over more than three decades, and has been a major contributor to shaping how the Army’s test and evaluation mission is structured, managed and executed.”

Carter said he considers his participation in the feasibility study teams that resulted in the consolidation of Army evaluation and testing activities one of his proudest roles. This led to the creation of ATEC, Carter explained, under which the Army’s operational testers, developmental testers and evaluators remain under one organization.

Carter quotes “change” as being the only constant in life and credits much of his career successes to his willingness to remain flexible and mobile over the last three decades. After four detail assignments to the Washington, D.C. area, including the Pentagon, Office of the Secretary of Defense, Army War College and ATEC Headquarters in Alexandria, Virginia, he spent five years at White Sands Missile Range, New Mexico, during Operations Iraqi an Enduring Freedom.

“I didn’t have a military background and had never been exposed to the operational side of the Army,” explained Carter. “I got to experience first-hand what it was like to live on an Army installation [at WSMR] with Soldiers who were part of a deployable FORSCOM [Army Forces Command] unit.

“This was at a time when they were deploying to the recent missions to Iraq and Afghanistan,” he said.

Carter advises young Army professionals to expose themselves to the operational side of the Army earlier in their careers and sees it as a professional development component that will put their career impact in perspective.

Of all of his career accomplishments, Carter sees mentoring and coaching as the

most important legacy a senior leader can leave.

“There is a saying that, ‘before you’re a leader, you’re focused on developing yourself,’” said Carter. “Later, I realized that my job as a leader was to focus on developing others. If all leaders took that responsibility somewhat seriously, we could probably do a little better, as an organization and as an Army, than we’re doing now.”

Carter offered a few words of advice to young professionals aspiring for career progression.

“Be willing to get outside of you comfort zones and be willing to explore, even laterally, other facets of the Army to add breadth to your career experience,” said Carter. “Look at the military for example. Soldiers are reassigned every three years, and it’s almost always to new organizations, and most time to a new location. Soldiers have a great advantage to world experience and develop career breadth, not just depth.”

Carter encourages Army professionals aspiring for leadership to “[...] live the Army values, seek out educational opportunities, remain flexible, be willing to relocate, have a plan to broaden yourself, and never burn any bridges because you never know where you may end up.”

“The Army is an incredible institution by virtue of the sheer size of it, its mission, all the various roles and functions the Army performs,” he said. “There is probably nothing equivalent to it in the corporate world, or abroad; we’re the most powerful Army in the world.

“For me, being part of an organization that has a higher purpose than any of the individuals who make it up is the most rewarding part of being an Army professional,” Carter said. “Your job is more than a job; it’s about ensuring the American way of life.”

“For me, being part of an organization that has a higher purpose than any of the individuals who make it up is the most rewarding part of being an Army professional. Your job is more than a job; it’s about ensuring the American way of life.”

Robert Carter

Former ATEC executive technical director

Fort Carson EOD troops train for expeditionary fight

By **WALTER HAM**
20th CBRNE Command

U.S. Army Explosive Ordnance Disposal technicians honed their expeditionary warfighting capabilities at the National Training Center Jan. 6 at Fort Irwin, California.

Soldiers from the Fort Carson, Colorado-based 748th EOD Company and 3rd Armored Brigade Combat Team, 4th Infantry Division trained together on Fort Irwin.

Nine EOD teams and the headquarters element from the 748th EOD Company supported the 3-4th ABCT during its decisive action training rotation at the U.S. Army’s premier desert combat training center.

The 748th EOD Company is assigned to the 242nd EOD Battalion, 71st EOD Group, 20th CBRNE Command (Chemical, Biological, Radiological, Nuclear, Explosives), the U.S. Defense Department’s only formation that combats global CBRNE threats.

In 2014, the APG-based 20th CBRNE Command began integrating its specialized CBRNE formations into decisive action training rotations with combat units at the National Training Center and Joint Readiness Training Center on Fort Polk, Louisiana.

Trained to identify and disarm a wide variety of explosive devices, the Army EOD Soldiers conducted day and night battlefield operations during the exercise.

Soldiers from the 242nd EOD Battalion are responsible for explosive mitigation operations in Colorado, Utah,



Courtesy photo

The Fort Carson, Colorado-based 748th EOD Company trains for night operations on Fort Irwin, California.

Wyoming and Montana, an area totaling over 433,000 square miles.

According to 748th EOD Company Commander Capt. Jeffrey Muir, the exercise prepared his Soldiers for any fight.

“The training value was immense and expertly resourced out of NTC,” said Muir, a Concord, New Hampshire native who served in Iraq and Afghanistan.

“It tested and supported a warrior

training focus while sharpening our individual Soldier skills along with enhancing our primary focus area -- the Brigade Combat Team integration of EOD capabilities,” said Muir.

See more photos from events around APG <http://www.flickr.com/photos/usagapg/>

Enabling future sensor capabilities

RDECOM explores sensor applications for Soldiers of 2025

By **DAVID MCNALLY**
RDECOM Public Affairs

Army scientists and engineers are advancing sensors research in hopes of giving future Soldiers enhanced situational awareness.

Sensor technology has broad application across the Army. Medical researchers are investigating how physiological sensors may help Soldiers achieve superior performance on battlefields of the future. Soldiers of 2025 and beyond may wear sensors to help detect and prevent threats such as dehydration, elevated blood pressure and cognitive delays from lack of sleep.

“I think that Army [Science & Technology] is looking at a broad number of approaches for what sensor capabilities we will need to meet future challenges,” said Deputy Assistant Secretary of the Army for Research and Technology Mary J. Miller. “We’re looking to improve situational awareness, mobility, lethality and even improve the maintainability and effectiveness of our systems.

“Sensors and situational awareness are the keys to our Soldiers being effective,” Miller said. “I think we’ve all seen the reports that have come out of Afghanistan, where unfortunately a majority of the engagements our Soldiers (at the squad and team level) had with the enemy is because they were surprised. That is a situation in which we do not want to put any of our Soldiers. Holistically the work we have been doing in our sensor technology areas is to help ensure that never happens.”

As the Army looks to the future, sensors will become smarter, smaller and cheaper.

“Our real goal will be to build in multifunctionality,” said Karen O’Connor, Command, Control, Communications, and Intelligence portfolio director for the Deputy Assistant Secretary of the Army for Research and Technology in the Office of the Assistant Secretary of the Army for Acquisition, Logistics and Technology. “There are sensors in imag-



U.S. Army illustration
Army researchers are working on flexible plastic sensors that could be attached to individuals, gear or vehicles. With this technology, Soldiers will gather information on the chemical-biological environment, troop movements and signal intelligence.

ing, motion detection, radar, chemical-biological detection and more. At the end of the day, sensors are all about collecting data.”

One critical area of research is enhancing air operations in degraded visual environments, known as DVE. At the Aviation and Missile Research, Development and Engineering Center at Redstone Arsenal, Alabama, Army engineers are advancing and implementing new technologies. One research program fuses images of multiple sensor technologies such as radar, infrared, and laser detection and ranging, also known as ladar. Each of these sensor technologies provide unique advantages for operating in various types of DVE conditions.

“Successfully fusing the images of radar, IR, and ladar provides the pilot a more accurate, high-resolution picture of the operational environment in all DVE conditions by exploiting the advantages of each sensor technology and compensating for its weaknesses,”

said Maj. Joe Davis, an experimental test pilot at Aviation and Missile Research, Development and Engineering Center, or AMRDEC, Aviation Applied Technology Directorate.

In the future, sensors will be everywhere.

“Army researchers are working on flexible plastic sensors that could be attached to individuals, gear or vehicles. With this technology, Soldiers will gather information on the chemical-biological environment, troop movements and signal intelligence,” said Jyuji Hewitt, executive deputy to the commanding general of the U.S. Army Research, Development and Engineering Command. “The Army of 2025 and beyond calls for advanced sensors that can locate and identify threats, enable protection systems to counter those threats and make it less likely an enemy will detect our vehicles.”

Sensors are redefining our world and how research and development community supports Soldiers.

“Sensors are no longer considered simple, separate sensing elements that are just components in a standalone weapon system,” said Dr. Donald A. Reago Jr., director of Communications-Electronics Research, Development and Engineering Center’s Night Vision and Electronic Sensors Directorate, at Fort Belvoir, Virginia. “[Sensors] are becoming holistic cross-domain solutions unto themselves that provide capabilities greater than the sum of their parts.”

As networking and communication technologies become decentralized and integrated into dynamically aware sensors, sensors have emerged as a focal point where Soldiers are connected into the digital battle space at both the individual and global level, Reago said.

The Army is really relying on its scientists and engineers, Miller said.

“We are being asked to stand up and deliver, and I fully expect that we will,” she said. “I have yet to see us fail at being able to solve a problem.”

APG South continues holiday tradition

ECBC Public Affairs

Santa arrived before Dec. 24 for many of families on APG South (Edgewood).

The U.S. Army Edgewood Chemical Biological Center (ECBC) has been lifting the spirits of military and local community families for 27 years during the annual Food, Toy and Gift Drive.

APG South organizations supported this charitable event with generous donations of new toys and gifts for all ages, as well as non-perishable food items. Employees collected nearly 30 boxes of donations and ECBC hosted the closing ceremony Dec. 18.

“I am extremely proud of the many employees here at Edgewood who have taken time to help the less fortunate of our community during the holidays,” said Joseph Corriveau, acting director of ECBC. “It is heartening to know that by working together we can make a difference in the lives of our neighbors during these difficult economic times.”



Courtesy Photo
Representatives from the Edgewood Sharing Table express appreciation to APG South (Edgewood) employees for bringing joy to local less fortunate families.

The toy donations were received by Extreme Family Outreach and the Edgewood Sharing Table, a non-profit coalition of churches that reach out to citizens in need. Extreme Family Outreach is an organization that provides after school and summer programs for elementary- and middle school-aged youth in Edgewood, Joppatowne and Havre de Grace.

Each year as Christmas approaches, APG South employees strive to bring joy to the faces of local military families, showing that their community appreciates their sacrifices. A total of 14 military families from the 22d Chemical Battalion (TE) were adopted by employees on Edgewood.

Participating organizations include the Assembled Chemical Weapons Alternatives; Chemical Materials Activity; ECBC; and the Joint Project Executive Office for Chemical and Biological Defense.

MRICD delivers gifts for Edgewood Elementary ‘Angel Tree’

By **CINDY KRONMAN**
USAMRICD

Employees of the U.S. Army Medical Research Institute of Chemical Defense embraced the holiday spirit by providing holiday gifts and warm coats, hats and gloves to children of Edgewood Elementary School.

Spearheaded by the institute’s Family Readiness Group (FRG), MRICD donated nearly 50 gifts Dec. 18, including bikes, toys and shoes, as well as 33 coats and a handful of hats and gloves. Group members wrapped the gifts and transported them and the outerwear donations to the elementary school.

MRICD Commander, Col. Roman Bilynsky, joined by Maj. Michael Hartenstein, executive officer, Capt. Tamika Thornton, detachment commander, Maj. Mariano Mesngon and his wife, Latecia, who chairs the institute’s FRG, Master Sgt. Joretha Carodine, Billie Jo Benjamin, Staff Sgt. Trenise Porch-Sylvester, Sgt. Cassandra Rousayne, Spec. Shasta Gutierrez, and Pvt. 1st Class Rob-

ert Reed, presented the donated gifts and outerwear to Principal Jennifer Drumgoole, Assistant Principal Jeanna Gentile, and school counselor Karen Cunningham.

“Thank you very much to the U.S. Army Medical Research Institute of Chemical Defense for their interest in making Christmas special for families of Edgewood Elementary,” said Drumgoole. “The generous donations of toys, clothes and bicycles will certainly provide families with a memorable Christmas. We wish everyone at the MRICD the same sense of joy and caring that they brought to families of Edgewood Elementary this holiday season.”

Porch-Sylvester contacted the school to receive angels from the school’s Angel Tree. The institute sponsored one family and one other student from the school. FRG members collected gift and outerwear donations from the institute staff. Employees of the U.S. Army Public Health Command also contributed gifts and coats.

Other individuals who worked on the



Photo by Darrell Jesonis
MRICD Commander Col. Roman Bilynsky hands a gift donated by an MRICD employee to Edgewood Elementary Principal Jennifer Drumgoole, as Assistant Principal Jeanna Gentile looks on.

project were Spec. Elizabeth Babcock, Kimberly Garrettson, Suaquita Perry, Dr. Andrea Allen, Dr. Shane Kasten, and Spec. Sunil Ghimire.

MRICD is the nation’s center of excellence for medical chemical defense research. For more information, visit www.facebook.com/USAMRICD.



Cast your vote for Army ‘Photo of the Year’

Max Thomas, son of Sgt. Jordan Thomas, checks out rows of baggage belonging to returning Soldiers from the 95th Chemical Company. The Soldiers reunited with their families, March 11, 2014, at Joint Base Elmendorf-Richardson, Alaska after a nine-month deployment to Kuwait.

This photo of Max was selected as one of the Army’s top photos of 2014. Help choose the U.S. Army Photo of the Year from 2014 by visiting www.army.mil/yearinphotos/2014. There are dozens of photos to choose from, so be sure to click through all 12 months.

Cast a vote for your favorite shots by clicking “Like” or “Share” located directly under each photo. The shot with the most likes and shares will be named the Army’s 2014 Photo of the Year.

Voting is open until Jan. 21 and the winner will be announced Jan. 23.

Photo by John Pennell

Stopping the spread of germs at work

By **RON KRAVITZ**
APG Safety Office

Illnesses like the flu and colds are caused by viruses. Flu and cold viruses spread from person to person by way of coughing, sneezing or simply talking. Droplets from an infected person get into the air and are inhaled by people nearby. Anyone within three feet can easily be infected.

Flu and cold viruses can also spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth. Flu and cold viruses can live for hours on surfaces like doorknobs, desks, and tables.

Start by learning healthy habits that can help prevent you from getting infected or spreading flu and cold viruses at home, school, or work. Take these precautions even if you don’t feel sick. You could be infected and able to spread germs 24 hours before your symptoms begin.

How to Help Stop the Spread of Germs

- **Maintain your health to keep your immune system in good shape.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food. The healthier you are, the better your immune system will be at defending your body against a virus.
- **Cover your mouth and nose when you sneeze or cough.** Cough or sneeze into a tissue and then dispose of tissues where others will not contact them. If

Healthy Living

Healthy Living is a recurring feature in the APG News. It addresses health topics that matter most to our readers. To view more health topics and the Community Health Promotion Council calendar of events, visit the APG homepage www.TeamAPG.com. To suggest health-related topics for the Health Living series, email amanda.r.rominiecki.civ@mail.mil



you do not have a tissue, cover your cough or sneeze with your shirt sleeve at the elbow bend of your arm. Be sure to clean your hands every time after you cough or sneeze.

- **Clean your hands often.** When available, wash your hands -- with soap

and warm water -- then rub your hands vigorously together and scrub all surfaces. Wash for 15 to 20 seconds.

It is the soap combined with the scrubbing action that helps dislodge and remove germs. When soap and water are not available, use alcohol-based dispos-

- able hand wipes or gel sanitizers.
- **Avoid touching your eyes, nose, or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose or mouth.
- Germs can live for a long time, some for two hours or more, on surfaces like doorknobs, desks and tables.
- **Talk to your doctor about getting a flu shot.** Flu shots are recommended if you are over 60, have a chronic illness, or just want to decrease your chances of getting the flu.
- **Don’t share utensils or drinks.** In cafeteria settings, it’s not uncommon for people to casually share utensils or take a sip from someone else’s drink. This should be completely avoided if there is any risk of a flu pandemic.
- **When you are sick or have flu symptoms, stay home, get plenty of rest and check with a health care provider as needed.** You may need a doctor’s note for an excused absence but keeping your distance from others may protect them from getting sick.
- Common symptoms of the flu include fever, headache, fatigue, cough, sore throat, runny or stuffy nose, muscle aches, and nausea, vomiting, and diarrhea.
- During flu season it is important to get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.
- Practicing healthy habits will help you stay healthy during flu outbreaks and all year long.



Essie Washington-Bennett

Garrison Surety Officer

By **STACY SMITH**
APG News

As the garrison surety officer, Essie Washington-Bennett ensures that Army surety materials, such as chemical agents, are known, monitored, inspected and regulated, and that all appropri-



ate surety exercises and trainings are conducted.

“Army doctrine states that when the Army has chemical surety materials in their possession, it is our responsibility to ensure all safety measures are followed,” Washington-Bennett said,

adding that the materials should be secured at all times and handled only by properly trained personnel.

Part of her job includes providing regulatory guidance and appropriate emergency procedures regarding the handling of surety materials to designated personnel.

Washington-Bennett meets quarterly with the installation surety board under the direction of the garrison commander to ensure that everyone represented on the panel – from Directorate of Emergency Services (DES) personnel to tenant organizations – understands training and inspection requirements to make sure there’s no regulatory compromise, she said.

“[In 2014] we were inspected by the Department of the Inspector General,

and in March we will be inspected by the Army Materiel Command,” Washington-Bennett said. “You can never be too sure...they [inspectors] scrub very deeply to make sure there’s no red flags or any indicators that could be a safety violation when handling chemical materials,” she said.

Washington-Bennett has been in her current position since April 2011. She joined the Directorate of Plans, Training, Mobilization and Security staff shortly after retiring from the Army after 23 years of service. Her last assignment was with the 22d Chemical Battalion (TE).

The DPTMS surety office is located in Bldg. 3147. For more information, contact Bennett-Washington at 410-278-4055, or email essie.washington-bennett.civ@mail.mil



Have a great idea for a story?

Know about an interesting upcoming event?

Wish you saw more of your organization in the paper?

The APG News accepts story ideas and content you think the APG community should know about.

- Story ideas or content must be geared toward the greater APG community and cannot appear to endorse any private company.
- The deadline for content to appear in an upcoming issue of the APG News is the **Thursday PRIOR** to publication. The APG News cannot guarantee submissions received after the Thursday prior to publication will appear in the next issue of the paper.
- Send story ideas or pre-written content to amanda.r.rominiecki.civ@mail.mil or call 410-278-7274 for more information.
- Please note, the APG News editor reserves the right to (1) reject any content deemed inappropriate, irrelevant or against regulation, (2) delay the publication of submitted material if it is not timely and (3) edit or shorten content for space and style reasons without altering the meaning of the submission.



All Things MARYLAND

Cryptologic Museum

Making & breaking history's secret codes

Story and photos by
STACY SMITH
APG News

Imagine you're a Polish cryptologist during WWII who has just broken secret, Morse-coded communications sent between Axis powers using the German 'Enigma' cipher machine.

Your breakthrough has yielded military intelligence that will help to end the war. You are brilliant. You are a national treasure. And no one knows who you are.

"When you succeed in the world of cryptology, you have to be very, very quiet," said National Cryptologic Museum curator Patrick Weadon. "If you even begin to celebrate or advertise your success, you put yourself out of business."

The National Cryptologic Museum, located at Fort George G. Meade in Anne Arundel County, honors these past, ultra-secret code-making and breaking missions that changed history, and the important events and people behind those successes.

The museum showcases several Enigma machines, highlighted in the recent film "The Imitation Game," which were used by the German military during World War II to send and receive tactical communications. The machines were originally designed for banks and businesses to encrypt communications before putting them on air.

The company that made the machines attempted to sell them to the public, but priced them too high, Weadon said. Just as they were about to close the shop, the German navy stepped in and asked to upgrade the machines to improve their wartime situation.

Resembling an old cash register, the Enigma could "produce permutations of three times ten to the hundred and fourteenth power," Weadon explained. "That's a huge number. It's more than all the stars in the universe."



The National Cryptologic Museum at Fort George G. Meade showcases several Enigma machine models that were used to encipher and decipher secret messages during the twentieth century. (Inset) Known to German cryptanalysts during World War II as the 'American Big Machine,' SIGABA generated unbreakable cipher.

Theoretically, the Germans had every reason to believe the machine's code was unbreakable. However, it was eventually broken by five ingenious Polish university students in 1944, a fact kept secret for more than three decades.

Other exhibit highlights include the last authentic U.S. Navy Cryptanalytic Bombe used during World War II; a Sigaba machine, which generated cipher that

no known person has ever broken; and reflections on the use of cryptanalysis during the Battle of Midway.

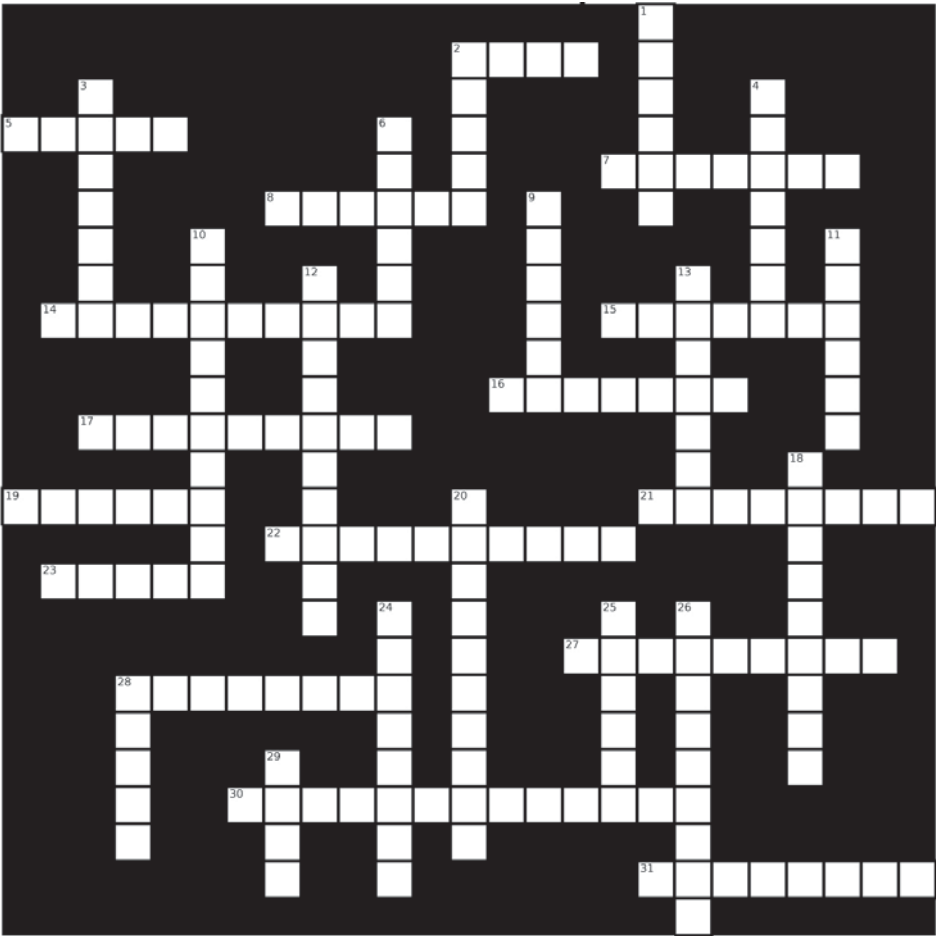
"This museum is about educating people, not just on the mission of the National Security Agency, but on the importance of cryptology to preserving freedom throughout the generations," Weadon said.

The National Cryptologic Museum

is open Monday through Friday from 9 a.m. to 4 p.m., and the first and third Saturday of every month, 10 a.m. to 2 p.m.

The museum is free to the public and it recently celebrated 20 years in operation. Each year, it receives 50,000 to 70,000 visitors. For more information, visit https://www.nsa.gov/about/cryptologic_heritage/museum/, or call 310-688-5849.

The APG Crossword



By **YVONNE JOHNSON**, APG News

Here's a challenging crossword honoring Dr. Martin Luther King Jr. and related subjects. Get your head scratchers out - this one contains fill-in-the-blank vocabulary words from the "I Have A Dream Speech. Good luck!

Across

- King was named _____ Man of the Year in 1963.
- She was the inspiration behind the Alabama bus boycott
- King delivered the "I've Been to the Mountaintop" sermon in this city.
- The _____ voted 78 to 22 in favor of the MLK holiday.
- "... they were signing a

_____ note to which every American was to fall heir."

- King was born in this city Jan. 15, 1929.
- King's given first name before it was changed to Martin.
- Though he declined the Nobel Peace prize he shared the nomination with this U.S. secretary of state in 1973.
- This Soviet dictator was

nominated for the Nobel Peace Prize in 1945 and 1948 for his efforts to end World War II.

- "We have also come to this _____ spot to remind America of the fierce urgency of now."
- King was the first president of the Southern Christian _____ Conference.

- Yasser Arafat, Yitzak Rabin and Shimon _____ shared the Nobel Peace Prize in 1994.
- "This _____ decree came as a great beacon light of hope ..."
- "... the life of the Negro is sadly crippled by the _____ of segregation and the chains of discrimination."

- The King holiday was proposed in every _____ session from 1968 until it was approved in 1983 by a vote of 338 to 90.
- "Now is the time to rise from the dark and _____ valley of segregation..."

Down

- This dictator was nominated for the Nobel Peace Prize in 1939 but the nomination was later withdrawn.
- The International Committee of the Red Cross (ICRC) has won the Nobel Peace Prize _____ times - 1917, 1944 and 1963.
- King earned a bachelor of divinity from this Pennsylvania theological seminary in 1951.
- He was angered by King's 1967 speech "Beyond Vietnam - A Time to Break Silence."
- King posthumously won the Best Spoken Word _____ for "Why I Oppose the War in Vietnam" in 1971.
- He was nominated for the Nobel Peace Prize five times but died in 1948 before ever receiving

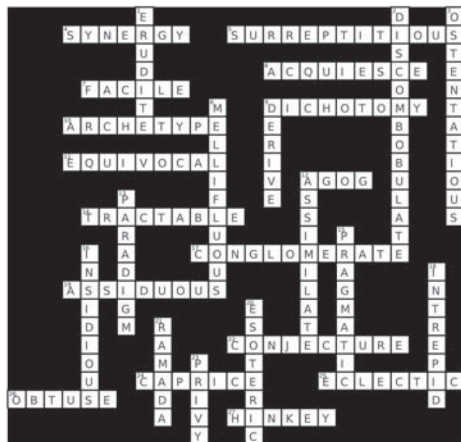
it. The Nobel Committee declined to award a prize that year.

- "Now is the time to lift our nation from the _____ of racial injustice ..."
- This U.S. president signed the MLK holiday into law.
- A boycott in this Alabama city established King as an important civil rights leader.

- King's mothers' first name.
- King was 19 when he earned a bachelor's degree in sociology from this Georgia college
- "This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of _____."

- The MLK Jr. Center for Nonviolent Social Change has been named a National _____ Site.
- King earned a Ph.D. in theology from this university in 1955.
- "It is obvious today that America has _____ on this note."
- King gave his final speech at _____ Temple, April 3, 1968. He was assassinated the next day.
- King and his wife, Coretta Scott King, had this many children.

Solution to the January 8 puzzle



Come and follow us <https://twitter.com/USAGAPG>

MARK YOUR CALENDAR

events&town halls

WEDNESDAY
JANUARY 21
DR. MARTIN LUTHER KING, JR. CELEBRATION

APG’s annual Dr. Martin Luther King, Jr. celebration will take place Jan. 21 from 10:30-11:30 a.m. in the APG North (Aberdeen) Myer Auditorium, Bldg. 6000.

Hosted by the Joint Program Executive Office for Chemical and Biological Defense, this year’s theme is “Remember, Celebrate, Act: A Day On, Not A Day Off.”

Mr. Rodney D. Bullard, vice president of community affairs for Chick-fil-A, Inc. and executive director of the Chick-fil-A Foundation, will serve as the keynote speaker.

All APG service members, civilians, contractors and their families are invited to attend, however pre-registration is required. Refreshments will be served immediately after the program.

To register for the event, visit: <https://einvitations.afit.edu/inv/anim.cfm?i=225379&k=0063470A7C5E> by 3 p.m., Friday, Jan. 16.

For more information, contact James Rouse at 410-436-5297.

THURSDAY
JANUARY 29
COMMUNITY LISTENING SESSION

A community listening session related to the Supplemental Programmatic Environmental Assessment for Army 2020 and potential force reduction will take place at the Harford Community College Amoss Center at 6 p.m. An Army committee will be present to listen to community concerns about possible force reductions at APG.

All APG personnel and community members are encouraged to attend the session to voice opinions on the impact of potential force reductions on the community. While the committee will not provide feedback at the event, community input will be taken into consideration during the force structure decision process.

For more information, contact the APG Garrison Public Affairs Office at 410-278-1147.

meetings&conferences

TUESDAY
JANUARY 13
IMPROVE YOUR CREDIT SCORE WORKSHOP

A workshop geared toward ways to improve your credit score will be held from noon to 1 p.m. at the Myer Auditorium, Bldg. 6000.

Make your resolution this year to improve your credit score. The workshop will include a guest presenter from a local federal credit union. This event is open to all installation employees, contractors and military personnel.

For more information, contact Tiffany Grimes at 443-861-7901 or tiffany.l.grimes.civ@mail.mil.

THURSDAY
JANUARY 15
WOA ABERDEEN-EDGEWOOD SILVER CHAPTER MEETING

The U.S. Army Warrant Officer Association’s Aberdeen-Edgewood “Silver” Chapter will hold its quarterly meeting at the APG North (Aberdeen) recreation center, Bldg. 3326, Room 102. Lunch will be pro-

vided at 11:30 a.m. and the meeting will be from noon to 12:45 p.m.

For more information, contact Retired Chief Warrant Officer Four Owen McNiff at omcniff@yahoo.com or 571-243-6561/443-861-1936, or visit <http://www.apgwoa.org>.

THURSDAY
JANUARY 29
RESTORATION ADVISORY BOARD MEETING

The next Restoration Advisory Board (RAB) meeting will be held at the Ramada Conference Center in Edgewood at 7 p.m. Topics to be discussed will be a review of calendar year 2014 IRP activities, plans for calendar year 2015 and an update on the Bush River Study Area.

For more information, contact Karen Jobes at karen.w.jobes.civ@mail.mil.

health&resiliency

TUESDAY
JANUARY 13
BLUE CROSS BLUE SHIELD CLAIMS

The Civilian Personnel Advisory Center has arranged for a claim representative of Care First Blue Cross Blue Shield to visit APG 9:30 to 11:30 a.m. in the APG North (Aberdeen) recreation center, Bldg. 3326, Room 120, to discuss claim issues and plan coverage.

The representative also will be available 12:30 to 1:30 p.m. Bldg. E2800 (JPEOCBD), rooms 103/104 on APG South (Edgewood). No appointment is necessary.

For more information, contact Teri Wright, 410-278-4331 or teresa.l.wright28.civ@mail.mil.

ONGOING
JANUARY-FEBRUARY
TOBACCO CESSATION CLASSES

Kick the habit with help from the Harford County Health Department. Free tobacco cessation classes will be offered at the APG North (Aberdeen) main post chapel in room 3, every Wednesday through Feb. 18 from 1 to 2 p.m.

Class size is limited. For more information, to register or to inquire about leave, contact Gale Sauer at gale.m.sauer.ctr@mail.mil or 443-861-9260.

CPR, AED CLASSES SCHEDULE FOR 2015

The APG Directorate of Emergency Services has announced the CPR/AED class schedule for 2015. Classes are open to the entire APG community.

Jan. 21 – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.

Feb. 18 – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.

March 18 – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.

April 22 – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.

May 20 – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.

June 17 – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.

July 15 – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.

Aug. 19 – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.

Sep. 16 – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.

Oct. 21 – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.

Nov. 18 – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.

Dec 16 – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.

For more information, contact Mike Slayman at 410-306-0566.

miscellaneous

FRIDAY
FEBRUARY 2
REVEILLE MOVING TO 6:30 A.M.

The bugle call Reveille will move from 6 a.m. to 6:30 a.m. to coincide with morning physical training formations on APG. The afternoon bugle calls Retreat and To the Colors will remain at 5 p.m. APG leadership continues to review all comments received from the community regarding bugle calls.

For more information, contact Clint Zaengle at 410-278-4500.

ONGOING
DEATH NOTICE

Anyone with debts owed to or by the estate of Maj. Clifton R. Dabbs must contact Capt. Ryan Lindell, the Summary Court Martial Officer. Dabbs passed away in Baltimore, Maryland Dec. 14, 2014. Contact Lindell at 410-436-8109 or email ryan.j.lindell.mil@mail.mil.

ARMY DISASTER PERSONNEL ACCOUNTABILITY & ASSESSMENT SYSTEM

All Department of the Army personnel must validate their emergency data as well as their family members in the Army Disaster Personnel Accountability & Assessment System (ADPAAS).

The DA leadership uses ADPAAS to account for personnel and make decisions within the geographic area of natural and man-made disasters. All active duty, selected Reserves, National Guard, DA civilians, and non-appropriated fund employees must update and maintain their emergency data at the ADPAAS website to ensure their Army Leadership has valid personnel data.

Visit <https://adpaas.army.mil> and follow the instructions below to validate/update your personnel data:

1. Select “Soldiers, DA civilians, NAF employees, OCONUS contractors and their family button.”
2. Choose one of the three login methods
3. Click the “My Info” tab at the top of the page.
4. Select “Contact Information” to review, add or edit your emergency contact information.
5. Select “Family Member Info” to review, add or edit your family member information.

Individuals in a geographic area of natural or man-made disasters will be prompted to complete an assessment survey.

FIREWOOD AVAILABLE

Firewood is available to authorized patrons at a cost of \$20 per level standard 8-foot pickup truck bed; \$15 per level standard 6-foot pickup truck bed, and \$5 per car trunk. Checks or money orders only will be accepted for payment. Permits to buy wood are good for ten days, or until an order is filled, whichever comes first. Permits will be issued on a first come,

first- served basis 8 to 3 p.m., Monday through Thursday at Bldg. E4630 in APG South (Edgewood). For more information, contact Kathy Thisse at 410-436-8789 or Scott English at 410-436-9804.

REPORT POWER OUTAGES TO CORVIAS MILITARY LIVING

During severe weather, all residential power outages should be reported to the Neighborhood Office at 410-305-1076. This will allow staff to determine if the outage is widespread or specific to the home and coordinate the responsible provider to restore power.

In the event a neighborhood office loses power, the phone system may also be affected. If the office cannot be reached, residents should call the following toll-free numbers to report outages and maintenance emergencies. Calls to the toll-free number will directly connect residents to the emergency on-call service.

APG: 1-866-958-5412
Patriot Village: 1-866-871-6257
NH Office: 410-305-1076

HOT WORK PERMIT


The APG Fire and Emergency Services has a new phone number to request a Hot Work Permit. A permit can be obtained by calling 410-306-0001. When is a Hot Work Permit required?

A Hot Work Permit is required before performing electric and gas welding, cutting or soldering operations requiring an open flame device, and for outdoor cooking with a grill, or similar device.

Please try to give 24 hours notice prior to the work or event. Leave a message if there is no answer. The inbox is checked throughout the day.

For more information, call 410-306-0001.

MORE ONLINE More events can be seen at www.TeamAPG.com



WE WANT YOU !

WHAT:
The Army’s Response to the Potential Loss of Jobs at Aberdeen Proving Ground



WHEN:
Thursday, January 29, 2015
6-8 p.m.

WHERE:
Amoss Center, Harford Technical High School
200 Thomas Run Road, Bel Air

WHY:
Senior Army officials will speak about the potential loss of 4300 jobs at APG.

Please join us at this critical event to show the Army that APG has our strong community support. We need to fill 1,000 seats !

In case of inclement weather: 410.273.5708



WORD OF THE WEEK

Epithet

Pronounced: EP-uh-thet

Part of speech: Noun

Definition:

1. A characterizing word or phrase accompanying or occurring in place of the name of a person or thing
2. A disparaging, offensive or abusive word or phrase used insultingly

Other forms:
Epithetic or Epithetical - adjective

Use:

- The fight began over a racial epithet used by one of the customers.
- Finding a dozen raccoons in his kitchen, the homeowner screamed a single epithet and fled the house.
- The epithet “pretty boy” has haunted him all his life.
- They wore the epithet of radical as a badge of honor.
- Strictly speaking, an epithet is not necessarily derogatory.

By **YVONNE JOHNSON**, APG News
Source: www.merriam-webster.com

ACRONYM OF THE WEEK

DMA

Defense Media Activity


The Defense Media Activity (DMA) provides a broad range of high-quality multimedia products and services to inform, educate and entertain Department of Defense audiences around the world.

From the state-of-the-art facility at Fort George G. Meade, Maryland, DMA has a full range of capabilities, delivering communication products to the internal DOD family and external audiences to sustain readiness and support, and improve quality of life and morale. Because of DMA’s global capability, these products reach military personnel, DOD civilians and family members worldwide.

From motion and still imagery work, radio and television news, and emerging technology, DMA creates a wide variety of information products to serve the entire DOD family and external audiences.

For more information, visit the DMA website at www.dma.mil/.

By **YVONNE JOHNSON**, APG News
Source: <http://www.dma.mil/>



THIS WEEK IN APG HISTORY

APG News

Published in the interest of the people of Aberdeen Proving Ground

Vol. 42, No. 14 • April 8, 1999

BULK RATE:
U.S. POSTAGE
PAID
Havre de Grace, Md.
21078
Permit No. 24

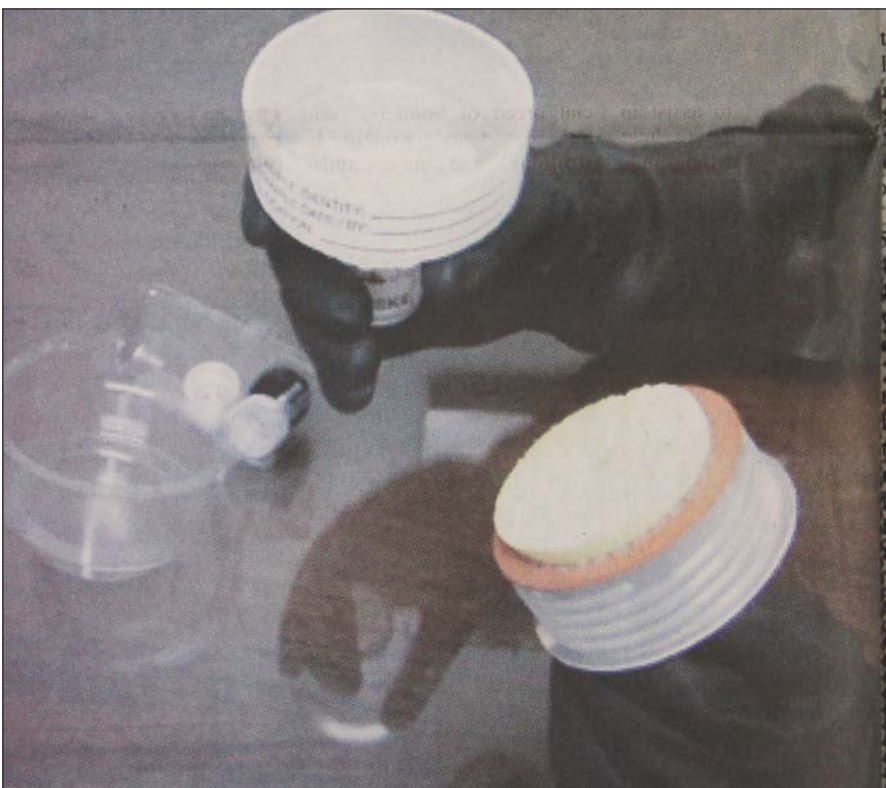
Take a look back in time as the APG News explores what made the headlines around APG during this week 10, 25 and 50 years ago. This week's APG News masthead is from 1999.

By **YVONNE JOHNSON**, *APG News*

10 Years Ago: Jan. 13, 2005



(Left) Family Child Care provider Maria Quinones becomes the first U.S. Army provider to receive accreditation from the National Association for Family Child Care.



(Right) The BisKit Biological Sampling Kit created by the Edgewood Chemical Biological Center is one of the organization's inventions to receive the 2005 Award for Excellence in Technology Transfer from the Federal Laboratory Consortium for Technology Transfer.

25 Years Ago: Jan. 10, 1990



(Left) Capt. Arthur Rae, a pilot and training officer with the Maryland National Guard, is tested on the Maxwellian-view optical system in the Human Engineering Laboratory's Behavioral Research Division.



(Right) Alan Killinger, left, and Gary Calvert install an aluminum wall inside the M934 Expansible Van mock up, one of four built as part of a U.S. Army Ordnance Center and School training facility known as Direct Support-Battle Training Center, DS-BATCEN.

50 Years Ago: Jan. 14, 1965



(Left) Lewis McCannon, right, an experimental mobile equipment tester, points out a driving feature of the XM-561 cargo carrier to Charles Waters, project officer, Armor Materiel Testing Directorate, U.S. Army Test and Evaluation Command.



(Right) Maj. Gen. James Sutherland Jr., commander, U.S. Army Test and Evaluation Command, left, and Brig. Gen. David Hiester, commander, U.S. Army Ordnance Center and School, look over a DX-43 Simulator, which is used with an M-22 armament subsystem to train gunners to fire and guide the S-11 missile in flight to a target, during a tour of the school.

Army developing better batteries

By **C. TODD LOPEZ**
Army News Service

New, lighter batteries are under development for Soldiers now, in-house, at the Army Research Laboratory in Adelphi, Maryland.

Chemists at the lab here do materials research on lithium ion batteries and other advanced battery chemistry in an effort to support the warfighter.

“We help to develop new battery materials that are lighter and last longer for the Soldier, so he doesn’t have to carry so many batteries,” said Cynthia Lundgren, a chemist and Chief of the ARL Electrochemistry Branch.

To create a better battery, Lundgren and her team experiment with small “button cells,” such as what one might find in a watch.

A “cell” consists of two electrodes: an “anode,” which is the side marked with a “minus” sign; and a metal oxide or phosphate cathode, which bears the “plus” sign. Between these two electrodes is a liquid electrolyte soaked separator that facilitates the transfer of lithium ions to transfer charge. One or more of these “cells” is used to construct a battery pack.

The team tinkers with the different materials that make up both the cathode and the anode. The also tinker with the chemistry of the electrolyte of the battery. Lundgren said one way to make a battery lighter is to use electrodes that increase its cell voltage.

“If we could raise the voltage of a single cell -- energy density is a direct function of the voltage -- we could make the battery lighter,” she said. “The problem is, as you go up in voltage, it the electrode becomes much more energetic, and



Photo by Gary Sheftick
Army chemist Jan Allen demonstrates how to build a “button cell,” the type of battery used in a watch, at the Army Research Laboratory, Dec. 9, 2014.

so it reacts with the electrolyte.” The reaction of electrodes with the electrolyte is one of the key problems Lundgren and her team have proven successful at tackling.

“The electrodes are very corrosive, and they react with the electrolytes,” said Von Cresce, a chemist at the lab. “So what ends up happening as you cycle the battery back and forth is that the electrolytes are degraded by the cathode because of the voltage of the cathode.”

For the types of rechargeable batteries that Lundgren and her team are

developing, that degradation means fewer charge/discharge cycles. Additionally, as the cells are charged and discharged, they retain less of their ability to hold a charge.

To prevent such degradation in a cell, the team created a solution called HFiPP -- short for “tris(hexafluoroisopropyl) phosphate” -- which they use to enhance the electrolyte to make it more stable in high-voltage situations.

“It’s a corrosion inhibitor,” Lundgren said. “You just add it to the electrolyte that any manufacturer would put in. It’s a little bit of pixie dust.”

In the lab at Adelphi, the team is experimenting with a higher voltage iron-doped lithium cobalt phosphate cathode developed in the lab by fellow Army chemist, Jan Allen.

Cresce said the LiCoPO4 cathode is particularly high voltage, at 4.9V.

“It seems to be more reactive towards the liquid electrolyte,” he said. “This is a common problem among many varieties of experimental high voltage cathodes. It really seems to behave badly against unprotected liquid electrolyte.”

But with the HFiPP solution added to the electrolyte for corrosion protection, the team was able to develop a battery that has both a higher voltage cathode, but at the same time is more stable. It can be charged and recharged many times, while maintaining its capacity and not corroding.

In early 2015, the lab expects to get back from a commercial manufacturer samples of larger cells, called “pouch cells,” that were built using the same chemistry they developed in their lab. They and other Army researches will evaluate those cells for their performance and safety characteristics.

“We’ll go through a number of evaluations,” Lundgren said. “Do they perform as a pouch cell the same way they perform as a coin cell? One of the things you can’t see in a coin cell is gassing. So if there is some reaction between the electrolyte and the electrode, and if you can get gassing you can make the pouch cell blow up.”

Lundgren said she believes what they have developed at ARL will make batteries lighter and last longer -- something the Army wants in order to better equip Soldiers.

Sienko to serve as MSU public health dean

Continued from Page 1

gratitude for the opportunity to serve as the commander of the USAPHC for the past 20 months, and pride in the public health experts he led.

“It’s been a true honor and privilege to lead this organization and serve with all of you,” said Sienko. “I have been surrounded by the most gifted and talented public health staff,” he said.

Upon his retirement from the Army, Sienko, who is a physician board-certified in general preventive medicine and public health, will serve as the Associate Dean for Prevention and Public Health at the College of Human Medicine at Michigan State University.

Col. John V. Teyhen, III, the former chief of staff of the organization, will serve as the new USAPHC commander.

Teyhen said he is looking forward to working with the members of the USAPHC team as the organization maintains a legacy of outstanding service to Soldiers and retirees, their fam-

ilies and Army civilians.

“I am sure this organization will continue to respond to worldwide public health issues and keep our Soldiers healthy,” said Teyhen.

Teyhen is the 5th commander to lead the USAPHC. He heads a worldwide organization with approximately 3,500 Soldiers and civilians stationed in more than 100 countries.

The USAPHC promotes health and prevents disease, injury and disability in Soldiers and military retirees, their family members, and Army civilians, and assures effective execution of full-spectrum veterinary services for the Army and Department of Defense.

Maj. Gen. Dean G. Sienko, outgoing USAPHC commander, passes the organizational colors to Deputy Surgeon General Maj. Gen. Joseph Carvalho, Jr., signifying his relinquishment of command of the USAPHC in a Jan. 6 ceremony at Top of the Bay.

Photo by Graham Snodgrass



Camaraderie key to Slim Down Challenge success

Continued from Page 1

Moore said participants will be given a punch card to keep track of their attendance and that those who participate at least eight times will qualify for a grand prize during the finale.

Slim Down Challenge participants must weigh-in at least once a month. Progress will be posted so participants can choose a code name to maintain privacy.

According to Moore, organizations will host group exercise activities and lunchtime information sessions for Slim Down Challenge participants and she suggested that personnel find exercise partners to stay focused and encourage each other.

“I would recommend for anyone that is trying to lose weight and get healthier to find someone with similar goals,” she said. “That camaraderie really helps.”

Moore said the APG Performance Triad team launched a Facebook page, www.facebook.com/APGPerformanceTriad

I would recommend for anyone that is trying to lose weight and get healthier to find someone with similar goals. That camaraderie really helps.

Capt. Joanna Moore
APG Performance Triad Action Officer

manceTriad, which will include a forum where participants can share healthy recipes and motivate each other during the process. This page will stay active after the Slim Down Challenge concludes.

She also recommends using pedometers. According to the American College of Sports Medicine, healthy adults should aim to walk at least 10,000 steps per day, or approximately five miles.

Moore suggested scheduling a visit with the APG Army Wellness Center, which provides free metabolic testing for

Soldiers, retirees, their family members and Army civilians. Through testing, the AWC staff can help participants set goals for realistic and safe weight loss.

“They are such an amazing resource,” Moore said. “They can help you continue to lose weight.”

In addition, the U.S. Department of Agriculture offers weight loss tips and ways to track daily physical activity, calories and more on its Supertracker website at <https://www.supertracker.usda.gov/default.aspx>.

Moore said she hopes the challenge will

inspire people to make healthier choices.

“It is really exciting to see the impact it makes on people’s lives,” she said. “This isn’t about changing behaviors for three months, it is a life change.”

According to the Centers for Disease Control and Prevention, even a modest weight loss such as five to 10 percent of total body weight, is likely to produce health benefits, such as improvements in blood pressure, blood cholesterol, and blood sugars.

The last date to join Installation Slim Down Challenge is Feb. 6.

For more information or to register, contact Moore at 410-278-1773, or joanna.t.moore@us.army.mil.

The APG North (Aberdeen) AWC is located in Kirk U.S. Army Health Clinic. To schedule an appointment, call 410-306-1024. The APG South (Edgewood) AWC, located in Bldg. E4110, accepts clients four days per month. Upcoming dates are Jan. 23 and 30; Feb. 6 and 10.

Leave Donations

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); or OPM 630- B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). Please contact Sue Campbell at 410-306-0266 or sue.a.campbell.civ@mail.mil.

Employees eligible for donations in the Voluntary Leave Transfer Program

Alba, Audrey	Eberhardt, Joanne	Merkel, Arthur J.	Smith, Sonia
Benysek, Lee	Fedorisko, Christine	McCauley, Adrienne	Snodgrass, Deanne
Budzinski, David	Gaddis, Lonnie	Nguyen, Amy	Trulli, Wayne R.
Burrell, Craig	Gilley, Christopher M.	Palm, Natalie	Vaccaro, Dominic
Cannon, Marcy	Johnson, Douglas	Parker, Alonzo D	Vincelli, Louis
Clark, Lyra	Kennedy, Sandra	Piper, Carol Lynn	Wade, Lamesa S.
Courie, Anna Fitch	King, Safari	Pitrat, Charles A.	Weimer, Carl R.
Donlon, Jacqueline	Leonguerrero, Louis	Robinson, Jennifer	
Dunston, Samuel	Lloyd-Simpson, Tygar	Rodriguez, Pedro	

Vehicle to provide protection, reduce violence

Continued from Page 1

used,” he said. “We have an on-going training program [and] the team leaders and I have a lot of experience in armor, at various levels.”

The vehicle will primarily be used by the SRT however, they will train other law enforcement officers to conduct rescues and conduct other operations.

Toscano said that part of the SRT’s training is learning from past incidents and understanding best practices.

He recalled an incident that occurred in Texas in which a team of two deputies, as well as deputies from another county, used an armored vehicle approach a house where a murder had occurred. The suspect shot at the vehicle but was unable to penetrate the exterior.

“For us, everything is about timing, precision, officer safety, caution and protection for the public. It’s almost like planning a stage show or a ballet. It’s intricate.

Police Sgt. Jim Toscano
Directorate of Emergency Services

Ultimately, the deputies remained inside the vehicle, spoke to the suspect on the vehicle’s public address system and handled the situation.

“In that instance, those deputies at that time did not have to use lethal force on the subject,” Toscano said. “They

were able to just contain the situation and leave because they were protected... it’s about saving lives, not taking lives.”

According to Toscano, the SRT practices before undertaking any operation and prepares for every possible scenario, from most favorable to worst case.

“What we prepare for are those situations that are really too highly dangerous for that patrolman to go in and handle on their own,” Toscano said.

“For us, everything is about timing, precision, officer safety, caution and protection for the public. It’s almost like planning a stage show or a ballet. It’s intricate.”

He added that while the SRT recognizes that most people on the installation are professional workers and that crime is moderate at best, the team remains vigilant and prepared.

“Now we have that ability...somebody’s hurt, something bad happens -- we can get right there with safety, right up into the thick of things, protected and reduce the violence in the situation,” he said.

Freestate candidates focus on future, new goals

Continued from Page 1

tary-style haircut.

Before being officially accepted into the program, candidates go through a two-week acclimation phase, during which they adjust to their new environment. During this time, candidates are not allowed to use phones and are encouraged to write and receive letters.

Noting that FCA cadets are required to give up distractions like cell phones, social media, video games and music while they are in the program, FCA Director Charles Rose said the new environment can be a difficult adjustment.

“We do our best to encourage them to stick it out and try another day,” Rose said. “They need to take it day by day.”

Rose added that many cadets make tremendous academic growth during the 22 weeks.

To track progress, students take the Tests of Adult Basic Education (TABE) at the beginning of the cycle and again at the end of each cycle. Rose said that during the previous cycle that ended in December, cadets, on average, advanced their performance from a fifth to a tenth-grade level. In addition, more than 40 cadets passed the General Educational

“We hold them to a strict schedule and we hold them accountable. The more they become comfortable with it, the more successful they become. It starts with discipline.

Josh Barlow
Freestate ChalleNGe Academy acting lead instructor

Development (GED) test.

Josh Barlow, FCA acting lead instructor, said cadets thrive in an environment that is structured.

“We hold them to a strict schedule and we hold them accountable,” he said. “The more they become comfortable with it, the more successful they become. It starts with discipline.”

Because so many cadets decide to join the military after leaving FCA, to prepare them, students are required to take the Armed Services Vocational Aptitude Battery, (ASVAB) a multiple-aptitude test that measures abilities and helps predict future academic and occupational success in the military.

Candidate Michael White said he is

attending the academy to obtain his GED and prepare for the military. He said he hopes to adopt healthier habits and lose at least 100 pounds during his stay. White said he realizes he needs a strict schedule to achieve his goals and appreciates the fact that cadets go to bed 9 p.m. and get up for morning physical training 5:30 a.m.

This is the first class in which cadets will have the opportunity to go off post for vocational training. The FCA has partnered with the National Center on Institutions and Alternatives (NCIA) to provide vocational training in horticulture, culinary arts, automotive, barbering and cosmetology for 20 weeks, for 40 cadets. Selection is based on behavior and

academic performance. Candidate Zai-rah Castillo said she hopes to take cosmetology training.

“My goal is to be a dental assistant, but doing hair would be a dream side job,” she said.

Candidate Hanna Pagano admitted that she was nervous about leaving her family behind.

I am very proud of her for taking this step, I think she will do well and it is all for the best,” said her mother Susan Pagano.

Candidate Pierre Choisy said he didn’t want to leave his friends, but he is focused on his goal to become a physiologist.

“It’s going to take time, it’s going to be a work in progress,” he said. “I feel [what is learned here] will help me later in my life.”

In addition to the Academy staff and cadre, individuals from the Maryland Defense Force, Young Marines and other volunteers assisted the in-processing procedures.

To learn more about the Freestate ChalleNGe Academy program call Anita Carraway, lead recruiter, at 410-436-3220.

Did You Know?

Have you ever wonder how many people get to celebrate their birthday on a holiday? Every year? Below is just a partial list of well-knowns who know the feeling; they share the distinction of having been born on the same day as Martin Luther King Jr., whose Jan. 15 birthday is celebrated on Jan. 19 this year. Here they are from oldest to youngest:

Yvonne Johnson, APG News



Ernest J. Gaines, Jan. 15, 1933

Ernest James Gaines is an African-American author. His critically-acclaimed works - including “The Autobiography of Miss Jane Pittman,” “A Gathering of Old Men” and “A Lesson Before Dying” - have been made into television movies and translated into French, Spanish, German, Russian and Chinese.



Ronnie Van Zant, Jan. 15, 1948

The late Ronald Wayne “Ronnie” Van Zant was the lead vocalist, primary lyricist, and a founding member of the Southern rock band Lynyrd Skynyrd. He was the older brother of current lead vocalist Johnny Van Zant and Donnie Van Zant. Ronnie was killed in a plane crash Oct. 20, 1977 while the band was traveling from Greenville, South Carolina to Baton Rouge, Louisiana.



Randy White, Jan. 15, 1953

Randall Lee “Randy” White is a former National Football League (NFL) defensive tackle with the Dallas Cowboys. He attended the University of Maryland and played professionally from 1975 to 1988. On his 25th birthday in 1978, he was named co-MVP of Super Bowl XII with teammate Harvey Martin.



Marty Lyons, Jan. 15, 1957

Martin Anthony Lyons is a former NFL defensive tackle. Lyons played college football for the University of Alabama, and was selected in the first round of the 1979 NFL Draft. He played his entire professional career with the New York Jets. Lyons is currently the Jets radio analyst. A native of Takoma Park, Maryland, Lyons is enshrined in the Maryland Sports Hall of Fame.



Mario Van Peebles, Jan. 15, 1957

Mario “Chip” Cain Van Peebles is an American film director and actor best known for directing “New Jack City” in 1991. Over more than three decades, Van Peebles appeared in or directed more than three dozen films, including “Panther” (1995), “Ali” (2001), “New Jack City” (1991), and “Carlito’s Way: Rise to Power” (2005), and appeared in more than two dozen TV shows, including “All My Children” (2008-2009), “The Finder” (2012), and “Nashville” (2014).



Chad Lowe, Jan. 15, 1968

Charles Conrad “Chad” Lowe is an actor and director and the younger brother of actor Rob Lowe. He won an Emmy Award for his supporting role in the TV series “Life Goes On” and he had recurring roles on “ER,” “Melrose Place,” and “Now and Again.” Lowe played Deputy White House Chief of Staff Reed Pollock on the sixth season of “24,” and currently plays Byron Montgomery on the teen drama mystery series “Pretty Little Liars.”



Matt Holiday, Jan. 15, 1980

Matthew Thomas Holliday is a left fielder for the St. Louis Cardinals of Major League Baseball (MLB). Holliday is a six-time All-Star and four-time Silver Slugger Award winner. He won the National League Championship Series MVP award while helping lead the Colorado Rockies to their first-ever NL pennant and World Series appearance in 2007.



Pitbull, Jan. 15, 1981

Armando Christian Pérez, better known as Pitbull, is an American rapper from Miami, Florida. He released albums in 2004, 2006 and 2007 to much success but none greater than his 2013 release of “Timber” which charted worldwide. He is set to receive a star on the Hollywood Walk of Fame in 2015.



Jessy Schram, Jan. 15, 1986

Jessica “Jessy” Schram is an actress from Chicago, Illinois. Her most notable roles include Hannah Griffith in “Veronica Mars,” Rachel Seybolt in “Life,” Karen in “Falling Skies” and Cinderella/Ashley Boyd in “Once Upon a Time.” Her soon to be released works include “The Beautiful Ones” (2014) and “Submarine Kid” (2015).



Skrillex, Jan. 15, 1988

Born Sonny John Moore, Skrillex, is an electronic dance music producer, DJ and singer-songwriter. A native of California, Skrillex began his solo career in 2007 after three years singing lead with the band From First to Last. By 2011 he was on the cover of the Alternative Press’ annual “100 Bands You Need to Know” issue. Skrillex won six awards out of eight nominations during the 54th and 55th Grammy Awards in 2012 and 2013.

See Something

Cut along dotted lines and fold in middle for use as wallet reference Card.

Provided by the INTEL DIV/DPTMS

Say Something

Installation Watch Card

Awareness is key! Everyone is a sensor.

Do: Observe and Report

Unusual or suspicious activity or suspected surveillance.
Unusual questions or requests for information relating to capabilities, limitations, or operational information.
Unusual vehicles operating in or around the Installation.
Unusual phone calls, messages, or e-mails.
Unusual contacts on or off post.
Unusual aerial activity near or around the Installation.
Any possible compromise of sensitive information.

Do Not

Discuss any aspect of military operations or planning.
Discuss military capabilities or limitations.
Discuss FP measures, capabilities, or posture.
Disclose any information related to unit deployments.

Report any suspicious activity immediately to the APG Police.

APG North 410-306-2222

APG South 410-436-2222

Off post in Md. call 1-800-492-TIPS or 911

Your call may save lives!

APG Snapshot

Take a peek at the events making news in the U.S. Army Garrison Aberdeen Proving Ground. For complete photo coverage, visit <http://www.flickr.com/photos/usagapg/>.



Courtesy photo

BALD EAGLE NESTING SEASON ARRIVES ON APG

(Above) APG motorists and pedestrians are reminded to respect the road barricades that block access into some bald eagle nest areas. The DPW Environmental Division places a limited number of road barricades to restrict access into some nest areas at the start of each nesting season on Dec. 15. These barricades are generally limited to small access roads that pass very close to the nest tree. Either wooden barricades with metal eagle placards or yellow caution tape are used. For more information, contact Lynda Hartzell DPW Environmental at 410-436-0465. (Inset) Many bald eagles, like the one pictured here, call APG home due to miles of undisturbed shoreline.



PWOC KICKS OFF SPRING SEMESTER

Bible study facilitator and military spouse Lucy Bowerman tells attendees about the book "Having a Mary Heart in a Martha World" during the Protestant Women of the Chapel (PWOC) spring semester kickoff meeting held at the APG Main Post Chapel Jan. 8. During the spring semester, members will study books on marriage, evangelism, boundaries and raising children. The PWOC is open to all women. For more information, visit www.facebook.com/pwocAPG, or email aberdienpwoc@gmail.com.

Photo by Rachel Ponder

BALTIMORE RAVENS VISIT POST YOUTH CENTER

Pittsburgh Steelers fan Maj. David Jones of the CECOM Legal Office jokingly yells, "Go Steelers" while he and his sons Luke, 5, and Jackson, 7, pose for photos with Baltimore Ravens wide receiver Jacoby Jones during a Holiday Meet & Greet at the APG North (Aberdeen) youth center, Dec. 22. Youth and staff members from the APG South (Edgewood) youth center were bussed over for the surprise event. Jackson Jones is a solid Ravens fan, according to his dad. Chris Lockhart, FMWR marketing manager, thanked Verizon Wireless and senior marketing analyst Joy Liggon for sponsoring the event. "They [Baltimore Ravens players] offer words of encouragement during these community events for school-age children," said Liggon. "When it's a surprise the kids really get a kick out of it."

Photo by Yvonne Johnson



APG YOUTH COMPETE IN FREE THROW CONTEST

Aidan Wille, 8, gets ready to shoot while volunteer Joe Gagliardi, from the Abingdon Elks Lodge, watches during the annual Elks National Hoop Shoot Free Throw Contest for children 8 to 13 at the APG North (Aberdeen) youth center Jan. 3. The Abingdon Elks Lodge and Child, Youth and School Services Sports hosted the event. All participants received a trophy and the winners from each age group went on to compete at the district level in Dover, Delaware Jan. 10.

Photo by Rachel Ponder